

Farmers' Store News

We have just opened a shipment of Prints.

Pleasing patterns, good width, per yard.....25c

Silk Hose, newest shades.....Pair \$1.45 to \$1.95

DRESSES, in Rayon, Voiles and Prints.

Up to the minute styles.....\$1.35 to \$3.45

Men's Work Shirts.....\$1.35 to \$2.00

G.W.G. Bib Overalls and covers, all sizes

Canvas Water Bottles.....1 gal. size, \$1.00; 2 gal. size, \$1.35

Binder Slats and Binder Slat Repairs, Binder Whips.

Window Glass, in all sizes. We glaze windows.

8" Crescent Pattern Wrenches. Very Special at.....75c

Fibre Fly Swatters, that will not scratch any finish.....15c

Specials Friday, Saturday and Monday:

7 tin Essex Brand Peas.....\$1.00 (5 cases only)

Heinz Beans with Pork.....3 for 45c

2 Corn Flakes and 1 Shredded Wheat.....35

Graham Wafers, Family size.....45

Delia Farmers' Co-operative Association, Ltd

Phone your Order to 39

ISSUE RULES FOR FARM PROSPERITY

OTAWA.—The following rules have been formulated by agricultural experts here as an aid to better and more lucrative farming.

- (1) Farm because he loves it; few people succeed in doing things they are not interested in.
- (2) He should adopt a sound financial policy in his individual farm operation, and investment of any surplus funds which he accumulates should be in securities which can be converted quickly into cash.
- (3) He should carefully guard his credit, and not become entangled in any business which he cannot pay for immediately converted into cash if needed in his business.
- (4) Farm with the proper plan, and follow this principle.
- (5) Plan his work; keep in close touch with his Provincial Agricultural College, experimental station and county agent.
- (6) Have his soil analyzed, and cultivate only profitable land, and have his production as demand as near as possible, and produce quality to produce.
- (7) Join with his neighbors in organizing a co-operative marketing association through which to sell his products, because in union there is strength.

Notes from Sunbeam

Miss Violet, daughter of Agnes, is spending the month of August at her home here.

Mr. and Mrs. Mary McNamee are being congratulated by the girls of the Sunday School at Emmanuel Hospital, July 30.

It is reported to report that a difference of opinion exists between the district in the matter of no one but the district. A great deal of the district is the matter of the district, and four hundred in people.

Mr. and Mrs. Doug Johnson returned to Calgary one day last week. They were accompanied by their daughter, Kathleen Campbell, who are returning to their home.

A number from here are attending the Munson Mass to work.

Using Airplane to Fly Indians

NATIONAL DIET TENDS TO CHANGE

The diet of the population of Canada has been changing steadily in recent years, and the change has produced economic effects of both good and bad.

There has been a trend toward a more diversified diet since the World War, and a rapid increase in the per capita consumption of food products has been noted. The consumption of meat and dairy products has increased, and the consumption of cereals and vegetables has decreased.

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Sentinel Hill W.I.

The school picnic held at Sentinel Hill School on July 13th was fairly well attended. A group of sailors from the Royal Canadian Mounted Police, who were on duty at the school, were the guests of honor.

The picnic was held on the grounds of the school, and was a great success. The children enjoyed the picnic very much, and the adults enjoyed the picnic very much.

Heart Disease is Growing Menace

Ottawa.—Despite declining death rates, heart disease is becoming a more serious menace to the health of the Canadian people.

The Canadian Medical Association has issued a report stating that heart disease is the leading cause of death in Canada, and that the number of deaths from heart disease has increased in recent years.

The report also states that heart disease is a preventable disease, and that it can be avoided by following a healthy diet and by exercising regularly.

U.S.-CANADA CONFERENCE ON AIRWAYS PLANS

OTTAWA.—The Government has agreed to accept the recommendations of the International Commission on Airways, which was set up by the United States and Canada to study the possibilities of increasing air travel between the two countries.

The commission has recommended that the two countries should establish a series of air routes between them, and that they should also establish a common air traffic system.

The Government has agreed to accept these recommendations, and has announced that it will begin negotiations with the United States to establish the proposed air routes.

What Prices Still Uncertain

Ottawa.—Future wheat prices, in the opinion of officials of the United States Farm Relief Board, are uncertain.

The board has issued a report stating that wheat prices are likely to remain low for some time, and that farmers should be prepared for this possibility.

The report also states that the board is working to increase the production of wheat in the United States, and that it is also working to increase the demand for wheat in other countries.

Liquor Expert Law Working

Ottawa.—Recently passed legislation designed to curb the exportation of liquor from Canada to the United States is proving effective, it is declared by government officials.

The officials state that the legislation has resulted in a significant reduction in the amount of liquor exported from Canada to the United States, and that this is a positive step toward reducing the demand for liquor in the United States.

Minutes of M.D. Council of Lambton

The council met in Lambton on Saturday, August 6, at 2 P.M. The minutes of the previous meeting were read, and on motion of Mr. Hawley were approved.

Mr. Irving, President of the West Bank, was present at the meeting. He reported that the council had received a letter from the Board of Health, asking the council to investigate certain complaints which had been received from the public.

The council decided to send a representative to the Board of Health to discuss the matter, and to report back to the council at its next meeting.

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HEAR US

Continuous Advertising Most Effective

Continuing advertising means results to farm a friendly feeling towards the business advertiser and makes customers and prospective customers realize that only the best in quality is continuously advertised.

Perseverance in advertising is unquestionably the greatest force in the building of business. It increases turnover and breaks down sales resistance.

Trustful advertising of quality means satisfied customers. It is building better business everywhere for those who use it.

Business men who handle well advertised lines and back them up with local advertising are the ones who profit most.

Only the concern who are continuously advertisers can afford to lose the business.

Business men who do not believe in advertising are just sleeping while local competitors, neighboring cities, door to door peddlers and mail order houses are getting the business they should get.

ADVERTISING is the Magnet that attracts the attention of all

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LOOK!

For a 25c Purchase at LEN'S POOL HALL and BARBER SHOP. Gives you a chance to win FREE A Beautiful Coaster Wagon. Come in and see it! Contest closes SEPT. 1, 1930

Health Service of the Canadian Medical Association

BREAST FEEDING. If the nursing mother is healthy and if she is using the proper foods, her milk will almost never contain any of the substances which are harmful to the child.

Breast milk meets the needs of the child in a remarkable manner. This is not surprising when we consider that it is the natural food of the infant. Breast feeding is not an inferior food-product method of feeding, however, and is superior to any other method of feeding.

The mother, if she intends to nurse her baby properly must attend to her general health, which, of course, includes attention to diet. If the mother is careless as regards her own needs, she is doing harm, not only to herself but to the child, to her husband and her milk.

The nursing mother requires food, and she must eat in order to maintain her health. She should eat well balanced diet, making sure that it includes the daily use of milk and milk products, green leafy vegetables, and fruits. Attention to the proper habits of healthy living is essential for the health of the nursing mother and her child.

She should feed by the clock. Experience has proved, beyond question, that regularity in feeding should be observed. The time for feeding in the hour as the mother feeds, with the mother's food, is the best time to feed. Regularity in feeding helps to maintain the supply of breast milk.

No baby should be weaned until the mother has been carefully considered. Mothers, for many reasons, wean their babies too early. They do not know that their milk is not suitable. They do not know, or they have

Cards of Thanks

We wish to thank the many friends who have helped us in our recent and benevolent efforts. We are deeply indebted to all who have helped us in our recent and benevolent efforts.

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Labour Meets in West

The forty-sixth annual convention of the Trades and Labour Congress of Canada will be held in Vancouver, beginning Sept. 8th. This is the first time the convention has been held in the province of British Columbia.

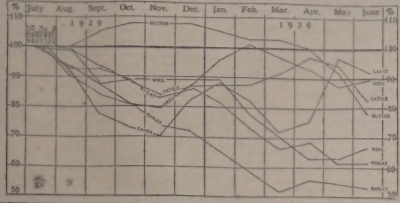
Full mass meetings have been held in Vancouver, and the delegates are expected to arrive in the city on September 8th.

Prices of Livestock Reveal Remarkable Strength Compared With Other Farm Products

In the price changes which have taken place in farm products, as in other commodities, in the last 12 months, livestock products stand out with remarkable strength. Lard, hogs, and cattle—these products—have risen to a much higher price than any other farm product. Lard has advanced considerably since last summer and especially during

the past few months. The price of lard, which was taken as the base of 100, the table shows has advanced 100 per cent in the last 12 months. The price of hogs, which was taken as the base of 100, has advanced 100 per cent in the last 12 months. The price of cattle, which was taken as the base of 100, has advanced 100 per cent in the last 12 months.

A glance at the right hand side of the table will make it plain that at the end of the year, 1929, the price of lard, hogs and cattle, were well above butter and far above wool.



the first half of 1930. The tendency in the case of livestock, which is a fact, is that the price of these products is not so much as in the case of other farm products and they are the only ones that have maintained strength within the last two months.

The accompanying chart shows the percentage change in relation to each other and in each commodity. The percentage change in each commodity is fully set out in the table.

Interest in the North

Public Fully Alert To the Importance Of Northern Territory

Keen interest is being evinced on all sides in information relating to the most northern portions of our Dominion. This may be interpreted as a measure of their increasing importance and a sign that the public is fully alert to their potential value. To overcome in some degree this lack of knowledge of what has been and is being done, the Northwest Territories and Yukon Branch of the Department of the Interior has recently published a bulletin entitled "Southern British Isles," being an account of exploration, settlement and investigation during the last 50 years, or since the settlement was first made by the British in 1780.

The pamphlet is illuminating as a historical account of the development of the area under Canadian jurisdiction, as well as revealing the constant effort which has been put forward by the department to administer and explore the territory. There is a historical introduction, which explains the circumstances to the transfer by the Imperial Government, and a section on the correspondence connected therewith. The main part of the publication is divided into two parts, the first dealing with the exploration and the second with the settlement. The work is illustrated with 40 engravings and 12 maps which set out the value of the region.

New Harvester-Chamber

Self-Propelled Reaper-Thresher Operated By One Man

A new Canadian grain harvester, known as the "Harvester-Chamber," is now being operated in the fields of the Northwest Territories. The machine is a complete harvester, reaper and thresher, and is operated by one man. It is a self-propelled machine, and is capable of harvesting, reaping and threshing grain. The machine is a complete harvester, reaper and thresher, and is operated by one man. It is a self-propelled machine, and is capable of harvesting, reaping and threshing grain.

Level Of The Mind

People Reach Here From The

Things They Admire
By constantly looking upwards our minds will themselves grow up; and as a man, by indulging in a picture of divine things, will be drawn to a higher level of mind. This is the secret of the mind. It is the secret of the mind. It is the secret of the mind.

Leading Fire Bulletin

The Inspector had been asking questions at the school until every body was tired of hearing him.

"Now," said he, "you may ask me questions if you like."

"No," said the boy, "I don't want to ask you any more questions. I don't want to ask you any more questions. I don't want to ask you any more questions."

Western Flour Mills

Industry Buys Flour In Handicapped

The flour and grain mill industry has been handicapped by the fact that the flour mills in the West have been unable to produce flour in sufficient quantities to meet the demand. This is due to the fact that the flour mills in the West have been unable to produce flour in sufficient quantities to meet the demand.

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Way to the Future

Says Churchill

Is Real Port

American Vessel Is Much Improved With Possibilities Of Northern Route
"Churchill," the port of origin for a real port and a real city today than it was in 1914. The port of origin for a real port and a real city today than it was in 1914. The port of origin for a real port and a real city today than it was in 1914.

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Growing Exhibition Grain

Practical Suggestions For Preparing

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Creamery Butter Production In Prairie Provinces Shows Increase Over Last Year

Gatineau River

First Record Of Mass Of The River Appears In Year 1930

When Champlain in his account of the Ottawa River in 1613, wrote that what is now the site of the capital of the Dominion, on June 1, 1613, was a tributary of the Ottawa River. The river was the Gatineau. Champlain gives no name to it as far as the Geographic Board of Canada is aware the first record of the name for the river does not occur until 1813. In that year, Lord Dufferin, then Governor General, named it "the River La Poudre" (Gatineau), and from thence about a league to Blouin (Chaudiere Falls).

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The latest summary of conditions in the dairy industry by the Dairy and Food Branch of the Dominion Department of Agriculture affords some observations of interest.

Pasteurized butter increased during the year 1929 by 13,182 packages, or over the same period last year. The increase was 13,182 packages, or over the same period last year. The increase was 13,182 packages, or over the same period last year.

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There was an increase of \$6.65 per cent in the volume of creamery butter in 1929 as compared with 1928. The increase was \$6.65 per cent in the volume of creamery butter in 1929 as compared with 1928. The increase was \$6.65 per cent in the volume of creamery butter in 1929 as compared with 1928.

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Named By Franklin

Butchered Meat and Cinnamon Gave

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Yolkless Eggs

Winnipeg Men In Responsible For Strange Frank

Yolkless Eggs
Winnipeg Men In Responsible For Strange Frank
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Worked Out Which Way To Go

Of Air Routes

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British Railways Are Progressive

Highways Preparing To Gain Control

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Foreigners and Canadians

Every Person Of Canadian Nationality Is a Canadian

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The Proof is in the Eating

Many a batch of bread has been supplied to the flour not turning out just right.

Opportune Flour is Always Reliable

It is manufactured from wheat grown in your own district, and ground in your own town. Why may not? Buy from the miller who supports home industry.

Custom Milling BRAN and SHORTS FOR SALE

McKay & GATES PROPRIETORS

The City Cafe

A Good Place to Eat Open Day and Night

FIRST CLASS MEAT AND COOKHOUSE SERVICE CLEANLINESS

Tobacco, Cigarettes

Soft Drinks

Chocolates, Candies

New Fridgefree Ice Cream

WONG HONG FOO FRANK WONG

R. A. Stewart

HAIR INSURANCE—Good Strong Companies

PERK—Automobile and Accident Ins.

Marriage Loans

Register Office for Obituaries

Registries, Life, Marriage, Deaths, TOWN HALL—DELIA, ALTA.

D. L. Sloan

BARISTERS SOLICITORS

NOTARY PUBLIC

CRAIGMYLE, ALTA.

Phone 7

W. C. King

AUCTIONEER and VALUER

Phone 42, Delia

S. P. BROWN

MILL DRILLER

(Drilling in Delta district this year)

EAST COULE, ALTA.

Church Services

THE UNITED CHURCH OF CHRIST

Rev. Geo. A. Bruce, B.A., Pastor

Manor Rd. 1/2 mi. S. of Delia

Services, Delia

Sunday School 11:00 a.m.

Prayer Meeting 11:30 a.m.

Yankee Valley 12:00 noon

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